Vancouver metro
Your essential daily news | WEDNESDAY, SEPTEMBER 2, 2015

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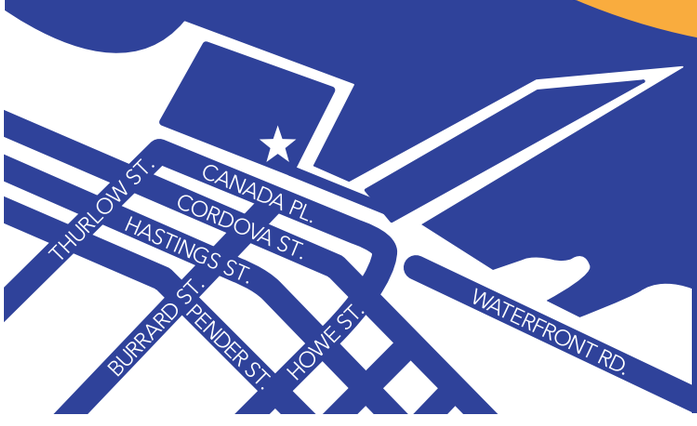

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Vancouver metro

Your essential daily news | WEDNESDAY, SEPTEMBER 2, 2015 | High 15°C /Low 11°C Take an umbrella

HE'S MAKING THE WORLD'S LONGEST PICKLE metroNEWS

THE QUICKER PICKER UPPER

Company tasked with cleaning oil spills on B.C.'s coast has a faster and better oil skimming vessel metroNEWS

Outage largest in BC Hydro history

WEATHER

About 710,000 customers lost power after windstorm

Thandi Fletcher
Metro | Vancouver

A power outage that affected hundreds of thousands of residents across the South Coast following a powerful windstorm Saturday is believed to be the largest outage in BC Hydro history, the utility company said Tuesday.

An estimated 710,000 customers, or 50 per cent of BC Hydro's 1.4 million customers, across Metro Vancouver and Vancouver Island lost power after winds up to 80 kilometres per hour ripped through the region, toppling trees and bringing down power lines, according to BC Hydro.

On Tuesday, the company said Saturday's gusts caused significantly more damage than the last powerful windstorm to hammer Metro Vancouver on Dec. 11, 2006.

That storm saw winds of 120-kilometres an hour cripple Stanley Park, bringing down thousands of trees and sparking a landslide over the park's famed seawall.

At the peak of the 2006 storm, 240,300 customers were left without power, compared to 400,000 on Saturday, according to BC Hydro.

The company said it spent $15.4 million working to restore power following the 2006 storm. It's unclear how much recovery efforts following Saturday's storm will cost.

BC Hydro said most of its affected customers, more than 705,000, had their power restored within 72 hours after the weekend storm.

Since Saturday, BC Hydro said it has received 1,800 "trouble calls" related to the storm. The utility company typically responds to about 2,000 calls in a month across the province.

As of 2 p.m. Tuesday, about 3,500 households, mostly in Surrey and Coquitlam, were still without power, although some of the outages started within the past 24 hours, the company said.

Heavy rainfall overnight Monday made for treacherous working conditions.

In some areas, rain saturated the soil making it unsafe for crews to bring in heavy equipment for repairs, the company said.

BC Hydro crews from Kamloops, Vernon, Prince George, Smithers, Terrace, Williams Lake, Fort St. John, 100 Miles House, Campbell River, Courtenay, Nanaimo, Victoria, Port Alberni, Duncan and Qualicum have been called in to help with repairs.

DAMAGE CONTROL

BC Hydro said it plans to have power restored to most customers on Tuesday. As of press time, 833 households were still without power.

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Your essential daily news

Pope encourages mercy for abortions. **World**

The federal election from Vancouver's perspective

POLITICS

Closure of the Kitsilano coast guard station a campaign issue

To live in B.C.'s Lower Mainland is to live on the water, whether it's the commuters who speed over the Fraser River each day or the dog walkers strolling the seawall around Vancouver each night.

And it's the waterfront providing a backdrop to many key election issues here, from the affordability of living along it to how it's used to send natural resources abroad.

For the Conservatives, closing the Kitsilano coast-guard station in 2013 risks drowning out their efforts to promote their policies in those areas.

Conservative MPs from B.C. recoiled when they learned in 2012 that budget cuts were closing the Vancouver-area station. Several lobbied aggressively to overturn the decision, arguing that even if the station wasn't explicitly needed, $800,000 wasn't worth the impression that their government wasn't protecting Vancouver's beloved bays. All it would take is a single incident to cement that in people's minds.

The oil spill in English Bay this past spring was that incident. It took hours for cleanup crews to arrive, and though the Coast Guard Commissioner put out a statement saying that had the station survived, it couldn't have helped, it didn't matter. Conservatives say privately it's one of the factors now pushing down their support in Vancouver and in ridings on the periphery, too.

The Vancouver waterfront provides a backdrop to many key issues in the city. MATT KIELTYKA/METRO FILE PHOTO

Fin Donnelly, the NDP incumbent seeking reelection in Port Moody-Coquitlam, led his party's failed charge in the House of Commons to get the station re-opened. He is a longtime champion of B.C.'s waterways; 20 years ago, he swam the 1400 kilometres of the Fraser River to draw attention to environmental issues.

> **"It was 20 days of swimming, and that's a long marathon swim. So it's very similar to this; this is a long campaign.** Fin Donnelly

There are parallels between that swim and the election, he said in an interview during his campaign office opening in Port Moody.

"It was 20 days of swimming, and that's a long marathon swim. So it's very similar to this; this is a long campaign," he said.

It's an upstream fight. Donnelly won in 2011 with 46 per cent of the vote, but redistribution brought many historically Conservative voters into his territory, previous constituents of Conservative James Moore, the current industry minister not running for re-election.

Moore is helping others campaign, one of several Conservatives dispatched on the "secondary tour" — popular MPs sent out in Stephen Harper's wake to knock on doors.

The Conservative candidate running against Donnelly is Tim Laidler, a veteran of the war in Afghanistan. The ground game for his party's candidates consists mostly of door knocking and small meet-the-candidate events.

Laidler said he said he likes meeting people at the doors, translating the national message into something local voters can connect with.

"When I start to talk high level, people shake their heads and say, 'No, I want to know how my kids are going to afford to buy a house right here'," he said, sitting in his campaign office.

Most electoral battles in the Lower Mainland are between the Conservatives and NDP, a reflection of the populist bent both those parties have had over time.

But the closure of the Kitsilano station has also been a source of support for the Liberals. On a recent warm and windy afternoon, a handful of Liberals from Hedy Fry's Vancouver Centre riding threw red T-shirts on and headed out to the seawall to gather signatures on a petition to get the station re-opened.

Phillip Chamberlain, who was leading the team, had six signatures in a matter of minutes.

"A lot people live in the West End because of the natural beauty. There's a lot of concern about that," he said.

Small, volunteer-initiated events are the backbone of the Liberals' ground game this time around. Their support plummeted in 2011, leaving them with just two seats. THE CANADIAN PRESS

EDUCATION

Students encouraged to pursue their passions

Neal Hall
For Metro | Vancouver

A new curriculum for B.C. schools this fall will allow students more flexibility and better prepare them for the future, B.C.'s new education minister said Tuesday.

"This curriculum was created by teachers for teachers," Mike Bernier told reporters during a news conference in Vancouver.

"We want to make sure when we send our kids out the door and off to school, they get the best education possible," said the minister, who noted he has five children of his own.

The new curriculum will keep the basics of reading, writing and math, Bernier said, but will allow students more flexibility to pursue their interests, passions and explore innovative technology.

The new style of personalized learning is expected to focus more on collaboration and critical thinking to prepare students for success at university.

"The world is changing," Bernier said, adding that the next five years of labour peace will provide stability for the new curriculum to be implemented over a three-year period.

He said that while school enrolment is generally declining across B.C., it is increasing in districts such as Surrey and more foreign students want to attend B.C. schools to obtain their high-school diploma to prepare for university.

"We generally support the change with curriculum revisions," said Jim Iker, president of the B.C. Teachers' Federation, on Tuesday.

More than 100 teachers were "heavily involved in shaping the curriculum, but it is a government initiative," he said.

And while some funding has been set aside for helping teachers implement the new curriculum, Iker said he is still advocating more funding.

He said that next week the BCTF will have its first meeting with Bernier since he was appointed education minister on July 30.

"I'm hoping he will make a difference for public education in B.C.," Iker said, adding he's also hoping the government will rethink its request for $29 million in cuts to school districts.

Iker said the new curriculum is being voluntarily implemented by teachers this year, an exploratory year, so the BCTF is looking for feedback from teachers. The curriculum will be mandatory in the third year, he said.

Report cards will be issued this year, but some school districts are looking at different methods of student assessment for parents, he said.

Robert Dalpasso, a resident of the old Quality Inn, lost all of his perishable food after a flood knocked out the building's power on Monday. EMILY JACKSON/METRO

Flooded shelter not yet safe to occupy

HOUSING

More than 150 residents were evacuated

Emily Jackson
Metro | Vancouver

Residents of a homeless shelter in downtown Vancouver are out of their homes for a second night after a flood knocked out the building's dated electrical system, rendering the building unsafe to occupy.

City manager Penny Ballem said at a news conference Tuesday it's not yet safe for the 155 residents to return to the old Quality Inn at 1335 Howe St., which the city converted into interim housing last winter.

Tenants, many of whom Ballem described as frail and vulnerable, were evacuated Monday night with the help of extra wheelchairs from St. Paul's Hospital and city buses.

They're staying at the old Kettle of Fish, the Gathering Place and the Roundhouse Gym until they can move back in by Friday at the latest.

Fire Chief John McKearney said crews will be working through the night to ensure the building is safe to occupy as quickly as possible.

For resident Robert Dalpasso, who moved in last December, the worst part of the bad situation is losing all his perishable food, a major expense for someone on a fixed and limited budget.

"We had to throw all that stuff out," Dalpasso told reporters. While the city provided pizza, doughnuts and coffee to displaced residents, he questioned whether he'd be reimbursed for his groceries.

But Ballem said that wouldn't be possible.

"People all over the Lower Mainland have lost their perishables ... we know this is going to be a burden," she said.

The city and the building operator Community Builders Foundation are covering the relocation and repair costs, Ballem said. She did not have an estimate for how much it will cost.

It's not clear what caused the flood, although it appears the massive weekend storm and subsequent power outages could have resulted in flooding that caused substantial damage to the "legacy" equipment. The city is searching all over North America for a replacement transformer.

The equipment hasn't been updated because the owner intends to tear the building down. The developer is working on a rezoning application for the site and leased the building to the city for two years so it doesn't sit empty in the interim.

Ballem said the city is actively looking for ways to house the tenants once the two years are up in winter 2016. She does not anticipate an extension of the lease.

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Rocky Mountaineer liable for broken kneecap after fall

COURT

Damages phase of trial set for Nov. 2

A 40th anniversary trip across B.C. aboard the Rocky Mountaineer ended suddenly for an Indiana woman when she fell on the luxury passenger train and broke her kneecap.

A B.C. judge this week found the train tour company mostly liable for the woman's fall by failing to provide adequate warnings about the risks and dangers of a vestibule area between passengers cars, where the woman fell when she let go of the hand railing and the train braked.

Karen Verma, 66, of West Lafayette, Indiana, boarded the train with her husband in Vancouver on Aug. 5, 2011 for a two-day trip to Jasper, Alberta, to celebrate their 40th anniversary.

They were in a "Gold Leaf" first-class car, which has two levels: passenger seating on the upper level and a dining area and washrooms below.

The levels are joined by a curved staircase.

She had to let go of the railing and cross an open area where there was nothing to hold onto.

Just as she lifted her left foot to take the single step down to the car, the train suddenly braked and she was thrown forward, falling on the metal floor, breaking her kneecap.

Verma left the train when it made its overnight stop at Kamloops and did not complete the trip.

But B.C. Supreme Court Justice Nathan Smith found that Rocky Mountaineer Vacations was negligent and 65 per cent liable for Verma's fall.

The judge will decide how much to award Verma when the damages phase of the trial resumes Nov. 2.

NEAL HALL/FOR METRO

The Rocky Mountaineer. TWITTER/ROCKY MOUNTAINEER

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IN BRIEF

Janet Holder remembered as passionate advocate

Janet Holder, the woman who spearheaded the Northern Gateway pipeline in British Columbia, has died following a long battle with leukemia.

"Janet will be dearly missed by everyone at Enbridge," said Al Monaco, president of the Calgary-based company behind the project.

"In addition to Janet's many personal and professional achievements, she exemplified our values of integrity and respect. She had a passion to serve and mentor others, and an amazing way of connecting with people."

Holder, who grew up in Prince George, returned to the city in 2011 when she was named Enbridge's vice-president for western access.

Holder retired at the end of 2014, saying she wanted to "take a step back and focus on my family and my personal health."

THE CANADIAN PRESS

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IMMIGRATION

Harder to turn citizen: Report

Neal Hall
For Metro | Vancouver

Canadian citizenship is harder to obtain and easier to lose under immigration laws introduced over the last nine years by the government of Prime Minister Stephen Harper, says a new report.

"There has been a massive change in the federal immigration system," explained Harsha Walia, co-author of the multimedia report titled Never Home: Legislating Discrimination in Canadian Immigration, on Tuesday. "This government has made immigration temporary and conditional," she said.

The number of immigrants who became Canadian citizens dropped 53 per cent between 2000 and 2008, said Walia.

Between 2006 and 2011, the number of family-class immigrants dropped 20 per cent and the number of accepted refugees dropped 30 percent, says the report co-authored by Omar Chu of No One is Illegal, a Vancouver immigration-rights group.

While the skilled-worker immigrant program has been eliminated by the federal government, the number of temporary foreign workers has tripled over the last decade — but limits the length of those workers' stay to four years, eliminating the possibility of becoming Canadian citizens, the report says.

Other key findings: the Canadian government has jailed 87,317 migrants without charges, cut more than $53 million from immigrant services and deported 117,531 people between 2006 and 2014.

Western Canada Marine Response Corporation christened the G.M. Penman in Coal Harbour on Tuesday. EMILY JACKSON/METRO

Fast oil-cleanup vessel hits water

ENVIRONMENT

Large-capacity boat added to already speedy response fleet

Emily Jackson
Metro | Vancouver

The industry-funded company responsible for cleaning up marine oil spills along B.C.'s coast is eager to show off its brand-new vessel, one that it says can clean up oil faster in open water.

Western Canada Marine Response Corporation (WCMRC) christened the G.M. Penman in Coal Harbour on Tuesday, naming the boat after former employee George Penman, whose wife poured champagne on the ship's hull for good luck.

The $4.5-million, 65-foot ship built in Washington state has a larger storage capacity (it can skim 32.8 tonnes per hour and hold 30,000 tonnes) than the company's ship that helped with the Marathassa spill in English Bay in April, Capt. Darcy Burt explained on a media tour.

It has better sensors so it can detect oil at night, Burt said, and it comes equipped with 1,500 feet of boom — enough to wrap around a freighter the size of the Marathassa.

10

The G.M. Penman boasts five berths and a galley, so a five-person crew can sleep on board and work around the clock to clean up a spill for up to 10 days straight.

The vessel is one of five of its kind in the world, according to WCMRC spokesman Michael Lowry.

It will conduct sea trials in Vancouver for six to eight months before likely getting stationed on Vancouver Island.

As for whether it will make spill response time faster, Lowry said the independent review of the Marathassa spill found WCMRC's response time is already excellent.

It took WCMRC an hour and 28 minutes to get on scene after it was alerted, according to the independent review. The industry standard is six hours.

"We're already well and above industry standards," Lowry said.

SCAM

Senior fleeced out of $10,000

Thandi Fletcher
Metro | Vancouver

Mounties say an elderly Nanaimo woman was scammed out of $10,000 after she was convinced her son had been in a car accident and was in desperate need of cash.

The 75-year-old received a phone call via a blocked number earlier this week from a man who claimed to be a police officer and said her son had been in a car accident, said Nanaimo RCMP spokesman Const. Gary O'Brien.

Convinced her son needed help, the woman agreed to send funds through money orders and Petro Pivot cards — pre-paid Visa cards that can only be used at Petro Canada — made out to Geyra Walwn. She gave the man the card numbers and authorization code to activate the cards.

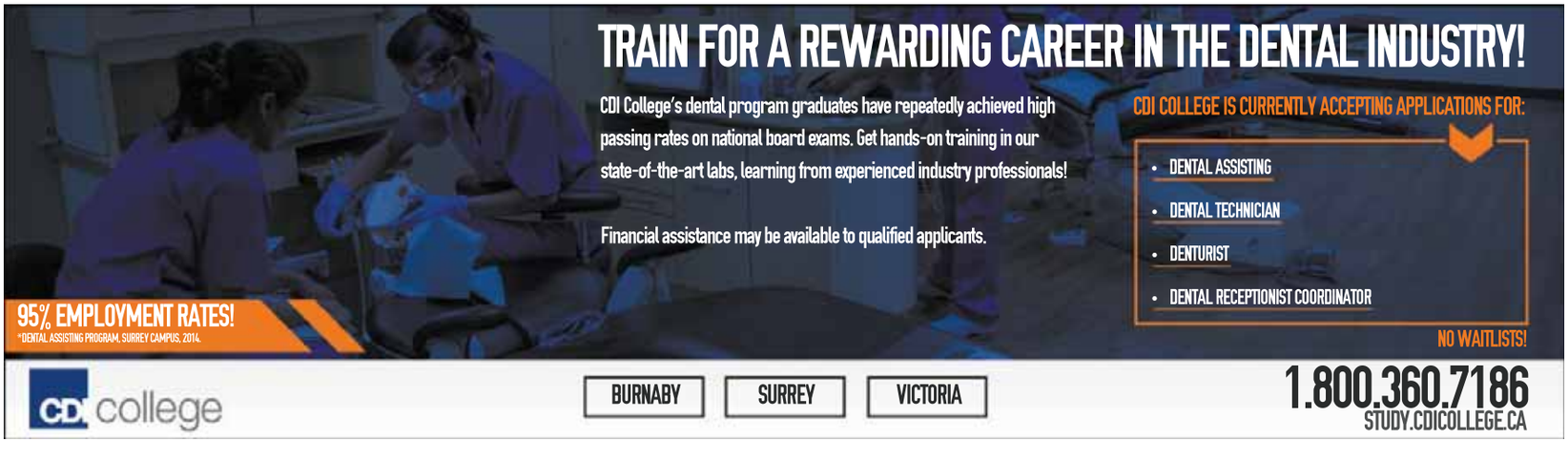
After not hearing back from her son or the police officer, she began to realize she had fallen victim to a scam and decided to let her family know, said O'Brien.

Family members searched online and quickly found a man with the same name who lives in Puerto Rico and has ties to a company in Nigeria, he said.

The family has since contacted Petro Canada in an attempt to have the cards rescinded but will not be able to recoup her financial loss.

On Tuesday, police issued a public warning about the incident.

"If only she had taken a few moments to discuss the phone call with her family," O'Brien said in a news release.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COMMUTE

New Evo Car Share adding more hybrids

Emily Jackson
Metro | Vancouver

Vancouverites apparently love car sharing so much that the newest service Evo Car Share is expanding just six months after it launched.

One hundred new four-door, Toyota Prius hybrids with roof racks hit Vancouver's streets on Tuesday, bringing Evo's total fleet up to 350 vehicles, Evo director Shan Parmar said.

"We've been really impressed and blown away, actually, by how people have been using our cars and how often they've been using our cars," Parmar said.

The demand has been so high that Evo, which is owned by BCAA, plans to expand its fleet to 500 by spring 2016, Parmar said. It also expanded the zone where people can drop off cars west to UBC campus, south to 49th Avenue near Langara College and east to Boundary Road.

Evo's announcement comes on the heels of a car2go expansion to 1,250 vehicles in July, making Vancouver home to the largest car2go fleet in the world. Despite the expansion, it can still be tough to find a nearby car at peak hours.

Both companies charge by the minute for one-way trips. Evo is quick to point out, though, that its cars can fit more people and outdoor equipment for people embracing the "B.C. lifestyle."

Vancouver's first car share, Modo, is a co-op for longer rentals where vehicles must be picked up and dropped off in specific locations. ZipCar, owned by Avis Budget Group, is more similar to Modo and bills by the hour or day.

The city has been very supportive of car share companies, letting them buy permits to park in residential zones and two hour parking. Companies contend their vehicles help take cars off the roads — a major transportation goal for the city.

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Sepehr Rahmany, of Vancouver, snapped a photo of this unknown couple's proposal on Saturday. FACEBOOK

Proposal caught on camera

KITSILANO BEACH

Photographer looking to share images with couple

Thandi Fletcher
Metro | Vancouver

A Vancouver man is searching for a couple whose marriage proposal he captured on camera during the rain and windstorm on Saturday evening.

Sepehr Rahmany, who posted a photo of the proposal on his Facebook page in the hopes that he could track down the unknown pair, said he snapped the image on Kitsilano Beach at 7:45 p.m. on Saturday.

"The guy had just proposed to the girl and she had just said yes," he wrote on Facebook.

"There was no photographer or anyone around to document the moment, but I figured they might wanna have at least a small memento of this important event."

He said the couple was savouring the moment following the proposal and he "didn't want to interrupt." The photo shows the couple embracing on the beach on the water's edge, their figures silhouetted against a gloomy sky and dark grey seas illuminated with the lights of boats in the background.

"Hopefully it'll get back to them somehow," Rahmany wrote. "Crazier things have happened!"

Since the photo was posted early Sunday, it has been shared more than 6,800 times.

It's unclear if the couple has been identified. A request for comment from Rahmany was not immediately returned.

Jennifer MacKie, who commented on the photo, praised the photographer for capturing the couple's special moment.

"I think it's totally romantic and wish someone would have snapped a photo for me at that time!" MacKie wrote. "Good on ya!"

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KELOWNA

Gardener aims for longest pickle ever

The record for the world's longest cucumber might belong to a Kelowna, B.C., man who's also vying to have the longest pickle on the planet.

Daniel Tomelin, 54, said his garden has produced the king of all cucumbers, somehow splitting off from the crowd and going above and beyond his wildest expectations.

He looked online, at the Guinness World Records site, where he learned the record for the longest cucumber is 105 centimetres, or about 41.5 inches.

He said he was gobsmacked when his cuke measured 42.5 inches.

Tomelin decided he would pickle the cucumber and also made a claim for the longest pickle in the world in a category that doesn't exist.

Then he bought two long vases and fashioned them into one big vessel to use as a pickle jar for the dark- and light-green-striped cucumber of the painted serpent variety.

THE CANADIAN PRESS

Daniel Tomelin poses with his 42.5-inch cucumber in this undated photo. DANIEL TOMELIN/THE CANADIAN PRESS

WRONGFUL CONVICTION

Innocent man's time in jail hurt his family

The daughter of a wrongfully convicted British Columbia man turned to drugs and alcohol to numb the pain she felt following her father's arrest, 27-year imprisonment and eventual release, a court has heard.

It was a coping mechanism that would eventually take her life.

Tanya Olivares, 42, told a B.C. Supreme Court hearing considering compensation for Ivan Henry — who spent almost three decades behind bars — that her sister, Kari Rietze, died of an overdose earlier this year.

"She really was tortured by (Henry's) loss on a daily basis," said Olivares, stifling sobs as she spoke about her sister's recent death in testimony on Tuesday.

Henry, 69, is suing for damages after he was wrongfully convicted of 10 counts of sexual assault in 1983. The B.C. Court of Appeal acquitted him in 2010 following protracted efforts on the part of his two daughters to have his case reviewed.

Olivares described her father as a caring and supportive man but said everything changed in 1982.

She painted a grim picture of a troubled childhood, living with an intermittently drug-addicted mother, moving homes constantly and spending a year-long stint in foster care.

THE CANADIAN PRESS

Evicted man claims illegal yard sublet

CRAIGSLIST

Ad promised Wi-Fi, kitchen, laundry, hot shower access

Thandi Fletcher
Metro | Vancouver

A Vancouver man says he is being evicted after he paid $500 to rent a backyard from a woman who he claims was illegally subletting the outdoor space.

Darcy Punton said a Craigslist post that raised some eyebrows last month advertising an East Vancouver backyard available for rent for $500 to a "budget traveller" appears to have been a scam.

"I think it was a cash grab," he told Metro. "That's how I'm seeing it now."

On Aug. 4, Punton said he came across the ad and contacted the woman who posted it. Punton, who is on disability benefits and has been sleeping on friends' couches since he arrived in Vancouver earlier this summer, said the $500 price tag fit his budget and afforded him time to find more permanent housing.

After meeting with the woman, Punton said he paid her $500 in cash to rent the backyard until Sept. 15. He was also promised access to Wi-Fi, hot showers, laundry and the kitchen in the 2,000 square foot home attached to the backyard.

A few days ago, however, Punton said he was shocked to find out he was being evicted with two weeks left on his lease after the real landlord showed up.

"The landlord actually just ended up coming by to check on the house and asked why there was a tent in the backyard," he said. "She had told him that some friends were going to be camping in the backyard for a few days, and that's all she had said to him."

After he was told to vacate the premises by Sept. 1, Punton realized the woman who he said had implied to him that she was the landlord was in fact a tenant. He believes the woman, who was staying in the living room with her daughter, was illegally subletting rooms.

At times, there were seven people living in the three-bedroom house, he said. Punton said other tenants told him she also advertises a condo on Airbnb. It's unclear if she owns that property, he said.

He said she moved out of the home Tuesday and threatened to report him to the police, claiming that he was squatting in the backyard and that she did not post the ad.

A woman by the same name, however, gave an interview to Huffington Post B.C. last month admitting to posting the ad and claiming ownership of the idea to rent out the backyard.

Metro attempted to reach out to the woman about the allegations Tuesday but did not hear back before deadline.

According to the Residential Tenancy Act, a tenant can only sublet or assign a tenancy if they have the landlord's written agreement or if the tenancy agreement doesn't prohibit subletting.

Punton did not want to involve the landlord, who he said has already agreed to return the damage deposits directly to the tenants who were subletting.

Darcy Punton and his dog, Chakra, sit on the paved walkway of an East Vancouver backyard that he rented this month. Punton is now facing eviction after he claims the woman who rented the backyard to him was illegally subletting the outdoor space. CONTRIBUTED

> **"I just want to warn people that this stuff happens."**
> Darcy Punton

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Yes, it's 'recession'

ECONOMY

Real GDP contracted for two quarters: StatsCan

Stephen Harper listens during a stop Tuesday in Burlington, Ont. ADRIAN WYLD/THE CANADIAN PRESS

Canada's economy hit reverse for the second straight quarter of 2015 — knocking the country into its first technical recession in six years, Statistics Canada data revealed Tuesday.

But the data suggests the recessionary dip could, perhaps, already be passing.

The federal agency said real gross domestic product contracted at an annual pace of 0.5 per cent in the April-June quarter, which followed a revised decline of 0.8 per cent in the first three months of 2015.

There were positives tucked in the highly anticipated figures, however. The second-quarter drop was only half as steep as a consensus of economists had predicted and there was evidence that the decline had bottomed out.

Canada's GDP climbed in June by 0.5 per cent after shrinking over the first five months of 2015. The last time the economy experienced a one-month gain of at least 0.5 per cent was July 2013 when it grew by 0.63 per cent.

The June increase was led by a 3.1 per cent boost in natural resources extraction — the category's first gain following seven consecutive months of decline.

"There's nothing to cheer about in the Canadian GDP numbers, but there's no reason for any more booing than we've already had," CIBC chief economist Avery Shenfeld said Tuesday.

"The economy is contracting through the first half of the year, but the solid gain in June suggests that we'll at least get a breather with a return to growth in the third quarter."

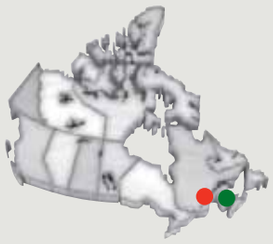
The new batch of data added fuel to the heated political debate over how best to respond to the weakened economy.

Stephen Harper, whose Conservative party has pinned its re-election hopes on its economic record, tried to highlight the positives in Tuesday's new data.

"The Canadian economy as a whole is now growing, according to the June figures," Harper said. That is the reality of the situation — it is good news."

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in North Bay, Ont., and Abbotsford, B.C.
- **Justin Trudeau** will be in Quebec City and Trois-Rivieres, Que.
- **Tom Mulcair** will be in Kamloops, B.C.
- **Elizabeth May** will be in Fredericton, N.B.

ELECTION 2015

Rival leaders seize the opportunity

The opposition parties wasted no time pouncing Tuesday when Prime Minister Stephen Harper said "we've had a few weak months" after Statistics Canada reported the economy met the technical definition of a recession at the end of June.

NDP Leader Tom Mulcair said the new numbers were a clear indicator that Conservative economic policies simply were not working.

"Mr. Harper's plan has failed. That's an objective fact," Mulcair told supporters in Kelowna, B.C.

Liberal Leader Justin Trudeau allowed that the size of the recession might be marginal, but he said the bigger picture is that Canadians have been living with the reality of a weak economy for months now and don't need official numbers to confirm what they already know.

"What they would have needed is that politicians, rather than getting hung up on definitions, invest in their future and in their jobs," he said in Gatineau, Que.

Economists' opinions were divided. Some saw the recession as relatively mild, while others warned of a rough road ahead if oil prices continue to drop.

Harper has largely blamed international factors beyond Canada's control for the downturn. THE CANADIAN PRESS

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Pope urging mercy

VATICAN

Francis lets priests grant absolution for abortion

Pope Francis is applying his vision of a merciful church to women who have had abortions, easing their path toward forgiveness and saying he realizes some felt they had no choice but to make "this agonizing and painful decision."

In a letter published Tuesday by the Holy See, Francis said he was allowing all rank-and-file priests to grant absolution during the Year of Mercy he has proclaimed, which runs Dec. 8, 2015 until Nov. 20, 2016.

The Roman Catholic Church views abortion as such a grave sin that it put the matter of granting forgiveness for an abortion in the hands of a bishop, who could either hear the woman's confession himself or delegate that to a priest who is expert in such situations.

Now, Francis is making it possible for women to bypass this formalized process in the approaching special Year of Mercy while putting the stress on "contrite" hearts.

Pope Francis attends a service during the World Day of Prayer for the Care of Creation in St. Peter's Basilica at the Vatican, Tuesday. RICCARDO DE LUCA/THE ASSOCIATED PRESS

In a statement after the Pope's letter, the Vatican made clear that "forgiveness of the sin of abortion does not condone abortion nor minimize its grave effects. The newness is clearly Pope Francis' pastoral approach."

Francis made clear he isn't downplaying the gravity of abortion, which the church essentially views as equivalent to murder. But he emphasized that abortion is an intensely personal, often anguished choice for women. "I have met so many women who bear in their heart the scar of this agonizing and painful decision," he wrote.

THE ASSOCIATED PRESS

HEALTH

Midlife obesity linked to earlier Alzheimer's

One more reason to watch the waistline: New research says people's weight in middle age may influence not just whether they go on to develop Alzheimer's disease, but when.

Obesity in midlife has long been suspected of increasing the risk of Alzheimer's. Researchers at the National Institutes of Health took a closer look and reported Tuesday that being overweight or obese at age 50 may affect the age, years later, when Alzheimer's strikes. Among those who eventually got sick, more midlife pounds meant an earlier onset of disease. It will take larger studies to prove if the flip side is true — that keeping trim during middle age might stall later-in-life Alzheimer's. But it probably won't hurt.

"Maintaining a healthy BMI at midlife is likely to have long-lasting protective effects," said Dr. Madhav Thambisetty of NIH's National Institute on Aging, who led the study reported in Molecular Psychiatry.

To explore obesity's effects, Thambisetty's team turned to the Baltimore Longitudinal Study of Aging, one of the longest-running projects to track what happens to healthy people as they get older.

The researchers tracked BMI, or body mass index, a measure of weight to height. Every step up on the BMI chart predicted that when Alzheimer's eventually struck, it would be 6 1/2 months sooner. In other words, someone who had been obese — a BMI of 30 — during middle age on average had their dementia strike about a year earlier than someone whose midlife BMI was 28, in the overweight range, Thambisetty explained.

THE ASSOCIATED PRESS

SILENT START

Cure still elusive

Alzheimer's starts quietly ravaging the brain more than a decade before symptoms appear. With a cure so far elusive, researchers are hunting ways to at least delay the disease, and lifestyle changes are among the possible options.

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Oil firms cutting 900 jobs

ENERGY

Sector has lost 35,000 positions so far this year

A fresh wave of layoffs is hitting Alberta's energy sector, with two oil and gas companies announcing 900 job cuts on Tuesday, mostly in Calgary, and analysts saying they see more on the way.

Penn West Petroleum is reducing its workforce by 35 per cent for a loss of over 400 full-time employees and contractors.

And ConocoPhillips Canada plans to lay off 400 employees, or 15 per cent of its workforce, plus 100 contractors.

Penn West said most of the job cuts announced Tuesday are effective immediately, while ConocoPhillips — which informed employees of its decision a day before making it public — said its workforce reduction will happen by mid-October.

The job cuts come as the industry continues to grapple with oil prices below $50 US a barrel, compared with more than $100 US a barrel last summer, with no big recovery in sight.

Clouds hover over Conoco signs at a service station in Glenrock, Wyo. ConocoPhillips Canada announced Tuesday it is cutting around 400 jobs, or 15 per cent of its workforce, following a plunge that took oil prices to their lowest levels in years. THE ASSOCIATED PRESS FILE

"We don't see a lot of correction in the short term," ConocoPhillips spokesman Rob Evans said Tuesday.

"It's really kind of changing the way we work and that's resulting in, unfortunately, some staff reductions."

Evans said the ConocoPhillips cuts are part of a 10 per cent global reduction in staff by the major U.S. producer in the current low-price environment.

Penn West chief executive Dave Roberts said Tuesday on a conference call with analysts that he expects the current cycle to be "prolonged and increasingly volatile" and has been forced to make cuts to weather the storm. To reduce spending Penn West has not only cut jobs, but also suspended its dividend, cut board compensation by 40 per cent and further reduced this year's capital budget.

The company is now planning $500 million in capital spending this year, a 40 per cent reduction from its original plan for the year, and will further reduce spending next year by $140 million to $250 million from this year's level.

The Canadian Association of Petroleum Producers estimates Alberta's oil and gas sector has already lost 35,000 jobs this year.

THE CANADIAN PRESS

IN BRIEF

Amazon ups the ante in streaming-video fight

Amazon is now letting members of its $99 annual Prime loyalty program download some shows and movies on its streaming-video service to watch offline, or when there is no Internet connection available, for free. Shows will be downloadable to Apple and Android phones and tablets, including Amazon's Fire devices — but not desktops or laptops. The downloadable videos are available to prime members in the U.S., U.K., Germany and Austria. THE ASSOCIATED PRESS

market minute

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PERSONAL FINANCE

Emergency savings low: BMO

Canadians on average are socking away more money for potential financial emergencies than in the past, but a new survey has found that almost a quarter are still living paycheque to paycheque.

The survey, conducted by Pollara for the Bank of Montreal, found that 24 per cent of respondents had hardly anything set aside, and more than half (56 per cent) reported having less than $10,000 in available emergency funds. Christine Canning, head of everyday banking at BMO, describes the ideal emergency savings fund as one that can replace three to six months of income.

$10,000

More than half of Canadians surveyed reported having less than $10,000 set aside for an emergency.

By region, the survey found that those in Atlantic Canada had the lowest average amount of emergency funds set aside at $20,152, with only eight per cent having more than $50,000 available and 27 per cent with between $10,000 and $49,900.

B.C. residents had the most set aside, an average $70,364, with 21 per cent having $50,000 or more and 14 per cent between $10,000 and $49,900.

Elsewhere, the average amount set aside totalled $24,671 in Quebec, $41,088 in Ontario, $67,605 in Manitoba and Saskatchewan and $40,341 in Alberta.

THE CANADIAN PRESS

INTERNET

Google unveils new-look logo

Google is refining its famous logo as it prepares to become a part of a new holding company called Alphabet.

The revised design unveiled Tuesday features the same mix of blue, red, yellow and green that Google has been using throughout its nearly 17-year history, though the hues are slightly different shades.

Google also invented a new typeface called "Product Sans" that is meant to resemble the simple printing in a grade-school book. It will replace a serif typeface that Google has been using in its logo for more than 16 years. The "e" in the company's name will remain slightly tilted to reflect Google's sometimes off-kilter thinking.

Google's revised design. GOOGLE/THE ASSOCIATED PRESS

The overhaul will change the appearance of the letter "g" that Google uses as its shorthand logo on the smaller screens of smartphones and other mobile devices.

The "g" will now be capitalized and displayed in colour instead of being kept lowercase and white.

A swirl of dots in Google's colours will also appear when a spoken command for information is being processed or one of the company's other services is performing a task.

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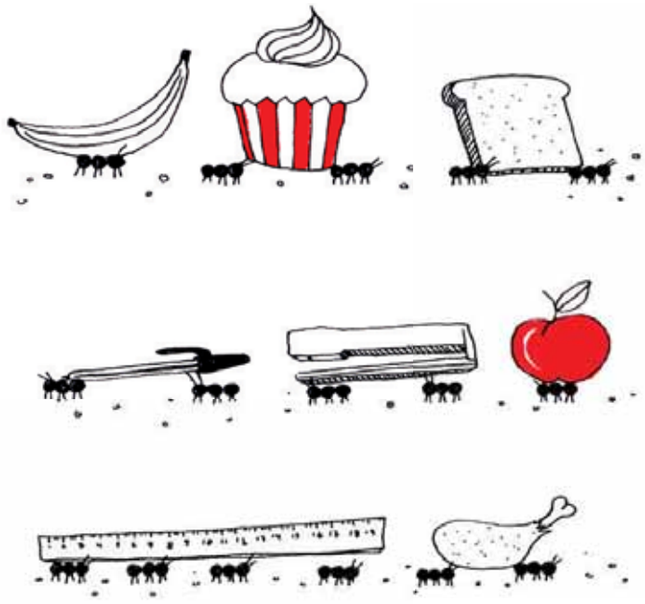
URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it for the person to see?



Dear Ellen,

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it on my desk for the person to see next time they want to chow down at my computer station?

Mia in Calgary

Dear Mia,

Normally I would suggest you speak to the person directly, rather than leaving this column lying on your desk, which could be construed as passive-aggressive. That's its own form of bad manners.

In this case, however, since you don't know the identity of the perpetrator, and since I am always happy to gain new readers, why don't I directly confront this person for you, right here, right now?

Dear Rude, Messy Slob Who Is Secretly Eating at Someone Else's Desk:

It's hard to know where to begin, so let's begin charitably. The fact that you are performing a bodily function in the small, personal space that your co-worker Mia has carved out for herself is not the worst crime on Earth. Perhaps there is a perfectly reasonable explanation. Like: Hers is the only desk, and there is no other horizontal surface within walking distance. Or your job is to test envelopes containing powdery substances that could be anthrax, and so, understandably, you don't want to eat at your own desk. Or maybe you work on the International Space Station, and Mia's desk is the only one equipped with centrifuge gravity simulators that will keep your plate of irradiated protein and rehydrated spuds in place.

If you're the kind of person who doesn't notice or care about leaving splatters and gunk and wrappers around, then you are a rude, messy slob, my friend.

But if none of these situations apply to you, then please know that it is unacceptable for you to eat without permission in another person's workspace. I don't know how to make this any clearer. In fact, Mia, why don't you grab a highlighter and run it over the next sentence before propping this column up on your keyboard?

DEAR RUDE, MESSY SLOB: STOP EATING AT OTHER PEOPLE'S DESKS.

Some of you may be thinking it's too harsh to call someone a Rude, Messy Slob. Although it may not be the worst crime on earth (or even in space), to eat at someone else's desk, it is irrefutably rude and slobby to leave the evidence behind.

If you're going to sit in my chair (maybe my desk has a better view, maybe it's next to the person you want to dine with, maybe you work in a tanning factory and your own desk is right next to the chemical soup that dehairs the pelts — I understand), and you're careful not to leave crumbs, and you don't muck about with my papers and possessions, and I never know you've been there, well, no harm, no foul.

But if you're the kind of supremely selfish person who either doesn't notice or doesn't care about leaving splatters and gunk and wrappers behind, then you are a rude, messy slob, my friend.

And I'd thank you to keep away from my desk.

Need advice?
Email Ellen:
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ROSEMARY WESTWOOD

metroview

The media, to Harper, is a mostly unnecessary evil

Mohamed Fahmy, once again, is in jail in Egypt.

This time, Stephen Harper appears upset enough to speak about the Canadian journalist's case — on Twitter.

"Canada continues to call on Egypt for the immediate and full release of Mr. Fahmy, and full co-operation to facilitate his return home," he, or the handler of his Twitter handle, tweeted.

I don't doubt our government is trying to secure his freedom, even if, as some argue, it's not trying hard enough. (Strong lobbying from Australia's prime minister helped secure the deportation of Fahmy's Aussie co-accused in February.)

But Harper must know respect for journalism cuts both ways — as in, if you call for it in Egypt, you might want to be sure you're practising it at home.

Fahmy has been sentenced for a second time on what his lawyer Amal Clooney called "sham" charges, amid Egypt's crackdown on the media.

The Conservatives say, vaguely, they've been pushing at the "highest level" for his release and return to Canada.

An iPolitics editorial notes that "If Harper offered more details, Fahmy's case would surely get more media coverage — which would intensify the pressure on (Egyptian President Abdel Fattah) al-Sisi to respond."

But that would require sharing information with the press at home. And that would be a dramatic 180 for the PM.

If we're to go by his actions, Harper's interest in the press here is either nonexistent or invisible. He rarely speaks to reporters, and he's been pilloried for silencing public servants. The media — as many of my colleagues have aptly detailed — is, to Harper, a mostly unnecessary evil.

His government views sharing information with the public as a discretionary gift, not a necessity. In this case, it could be argued that has aided the stripping of freedoms of a Canadian citizen abroad.

Freedom of the press exists on a continuum. It doesn't only mean you don't jail reporters for doing their jobs (Fahmy was convicted of "spreading false news" among other charges). Shutting out reporters from campaign rallies in Vancouver for asking about marijuana, refusing any questions during a whole six-day junket in Calgary, and taking the general view that you don't owe the press, or the people, anything — that, too, is an attack on press freedom.

Fahmy's family has been running a #HarperCallEgypt campaign on Twitter since February. Perhaps after that, he could give one of our many respected political reporters the time of day.

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Alex Morgan first profile on LeBron James' Disney show Becoming

Let's do lunch boxes right

BACK TO SCHOOL

Plan ahead and mix it up to keep kids interested

With the start of school right around the corner, now is the time to brainstorm with your kids to line up some new recipes and fun ideas for lunches.

Experts advise that if children have some say in what they eat, it's more likely lunch boxes will be returned home with just crumbs instead of uneaten food.

"One of the ways we can ensure kids eat their lunch is for them to be involved, so if they do feel some ownership over their lunch and they get to choose some of the items, they're more likely to eat them," says registered dietitian Kate Comeau.

Have everyone suggest their favourite lunch and snack and keep a list on the fridge or other prominent spot in the kitchen, says Comeau, spokeswoman for Dietitians of Canada, during an interview from Halifax.

"Keep that page handy so that when you're going grocery shopping and making lunches, you can ensure those foods are readily available and there's lots of variety."

Weekend planning and prepping lunches the night before can go far to alleviate morning mayhem.

"On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe and talk about measuring ingredients and talk about all the skills that are related to cooking," says Comeau.

"The idea here is the more confidence they have, the more you are empowering them for the future that they'll be able to actively continue to pack their lunch as adults, which we know is a healthier choice."

You can make packed lunches more appealing by giving family members the option to customize their meals, and mix it up from week to week.

Have available a variety of breads — pita, whole-grain buns, wraps — along with additions like roasted chickpeas, cut-up cheese and sliced cucumber, red pepper and tomato. Offer hummus or baba ghanouj as a switch from butter or mayonnaise.

Sunflower seed butter and soybean butter can be substituted for peanut butter, which is often banned from schools due to allergies.

For those who don't like to veer from their favourite sandwich, prep a loaf's worth and wrap and freeze a bunch of lunches individually, suggests TV host and magazine publisher Ricardo Larrivée.

Tired of sandwiches? Experiment with salads containing different grains such as wild rice, millet and freekeh.

"For a less adventurous eater you might stick with something like white rice, which is bit blander, and then add in a little bit of a new grain to try, but having something like a wild rice salad with cranberries and almonds and a little bit of chopped chicken on top can be a great lunch," says Comeau.

Pack a water bottle, not juice boxes, in lunches, adds Comeau.

"Remember that kids don't need juice. Packing water and a piece of fruit is always going to be more nourishing," she says.

Orange sections, melon cubes or grapes packed in a small container are easy to pop into the mouth. Some parents cut an apple into wedges, then reassemble the fruit and hold it together with a rubber band to lessen browning. THE CANADIAN PRESS

Have your kids pick from among a selection of foods they like and pack them in a sectioned lunch kit. ALL PHOTOS THE CANADIAN PRESS

> **On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe.**
> Kate Comeau, Dieticians of Canada

BUILD-YOUR-OWN KITS

Tame picky eaters

When it comes to school lunches, variety is important to keep kids from getting bored. A healthy mix also provides different nutrients. "No one fruit or no one vegetable is going to give you everything that your body needs, so the more variety, the better chances we have of covering off our bases," says Kate Comeau, spokeswoman for Dietitians of Canada.

> **The more variety the better.**
> Dietician Kate Comeau

When it comes to picky eaters, research shows that the more kids try a food the more likely they're going to like it.

"The biggest advice we can give to parents is to not give up," says Comeau.

A popular idea for picky eaters is build-your-own lunch kits. Put something from each of the four food groups in each part of a sectioned container.

"Maybe you'd have pita triangles in one, cheese cubes and hummus and sliced cucumbers. Your child can pick the four things they like and they won't be touching or mixed up," suggests Comeau.

"And don't panic if one of those four sections comes home and it's not eaten ... try again the next day and see what they'd like." THE CANADIAN PRESS

FUN FOOD-TO-GO

Breakfast in a bar

Ingredients
- 2 cups rolled oats
- 1/2 cup natural bran
- 1/4 cup wheat germ
- 1/4 cup all-purpose flour
- 1/4 cup dried cranberries or raisins
- 1/4 cup slivered almonds or chopped walnuts (for a nut-free option, replace almonds or walnuts with dried fruits)
- 2 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 3 eggs
- 1 cup unsweetened applesauce
- 1/2 cup 1 per cent milk
- 3 Tbsp packed brown sugar

Directions

Preheat oven to 350 F. Spray an eight-inch square baking pan with cooking spray; set aside.

In a large bowl, combine oats, bran, wheat germ, flour, dried cranberries, almonds, baking soda, cinnamon, ginger and nutmeg.

In a separate bowl, whisk eggs, applesauce, milk and brown sugar. Pour over dry ingredients and mix just to combine. Spread into prepared baking pan, smoothing top.

Bake in preheated oven until toothpick inserted near centre comes out clean, 35 to 40 minutes. Let cool in pan on a wire rack before cutting into bars.

Makes 16 snack-size or eight meal-sized bars.
THE CANADIAN PRESS

CELEBRATION RICE

This colourful lunch salad, which combines poultry, rice, vegetables and dried cranberries, is a great way to use up leftover cooked turkey or chicken and also adaptable for vegetarians.

Ingredients
- 1 cup wild rice or wild rice blend
- 4 green onions, thinly sliced
- 1/2 cup chopped cucumber or celery
- 1/2 cup dried cranberries
- 1 cup diced cooked turkey or chicken (Omit for vegetarian version; replace with cooked beans or lentils, if desired)
- 1/2 cup crumbled light feta cheese
- 3 Tbsp raspberry vinaigrette

Directions

In a pot, cover wild rice with water and bring to a boil.

Cover slightly and simmer for about 30 minutes or until rice is tender.

Drain well and place in a large bowl.

Add green onions, cucumber and cranberries.

If using, add chicken and feta. Add vinaigrette and toss well to combine.

Makes six 1-cup servings.
THE CANADIAN PRESS

WORD OF MOUTH

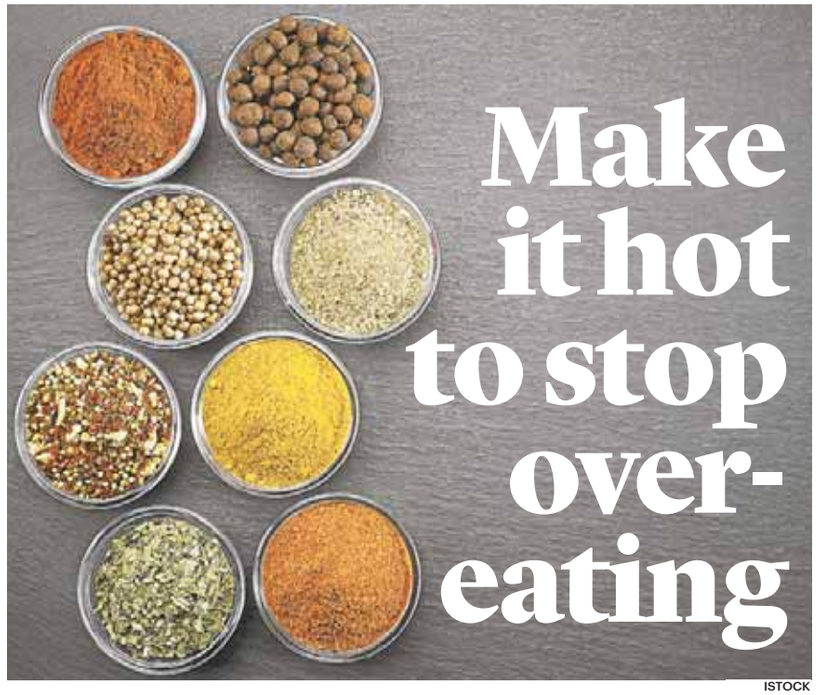
Adding spice to dishes can make you feel full sooner

Things are starting to heat up in the arena of overeating.

Did you know that your stomach has nerve sensors that feel pressure from the inside when you eat? The Japanese have a term called Hara Hachi Bu which means to "eat only until you feel 80 per cent full."

Recent research indicates that eating spicy foods can encourage those nerves to respond a little more quickly.

This means that you may be able to feel full when you are at that 80 per cent mark rather than at the 125 per cent of a buffet dinner.



ISTOCK

Here are some ways to spice up your food

- Add a dash of spice to hot chocolate as they do in Mexico
- Use chopped jalapenos in salads
- Keep a jar of hot peppers in the fridge and add to every sandwich
- Choose spicy versions of your favourite condiments
- Keep hot chili pepper flakes on the table with your salt and pepper to remind you to punch it up
- Use sriracha sauce wherever you would use ketchup
- Double up on the black pepper

Of course, what you put the spice on matters more than the spice itself. You can heat up fish and chips with chipotle mayo all you want and you will still be behind in the game of trying not to overeat.

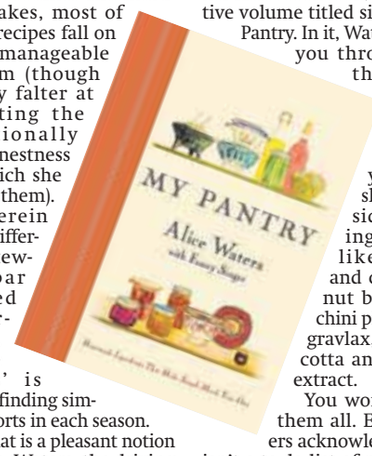
THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

COMFORT FOOD

Keep it in your pantry the Alice Waters way

When it comes to aspirational cooking, it's tough to top Martha Stewart and Alice Waters.

But while you may never master Stewart's frustratingly perfect soufflés and multi-tiered cakes, most of Waters' recipes fall on a more manageable spectrum (though you may falter at replicating the aspirationally high earnestness with which she presents them). And therein lies the difference: Stewart's bar is based on perfection, while Waters' is keyed to finding simple comforts in each season.



And that is a pleasant notion to pursue. Waters, the driving force behind Berkeley, Calif.'s iconic Chez Panisse restaurant and author of numerous cookbooks, deftly imbues her often basic and nearly always seasonal recipes with feelings you want to evoke. And you can come away feeling better for having chased the comfort found in her recipes.

All of this comes into play in her latest cookbook, a diminutive volume titled simply, My Pantry. In it, Waters walks you through not the basics you should buy, but those you should consider making. Things like tahini and chocolate nut bark, zucchini pickles and gravlax, fresh ricotta and vanilla extract.

You won't make them all. Even Waters acknowledges this isn't a to-do list of must-have items. They are basic, comforting foods you may want depending on your time and place and mood. And she's happy to show you how.

THE ASSOCIATED PRESS

SkyTrain Running Rail Replacement Sept. 5-7

SkyTrain Expo Line service will be reduced Sept. 5 to end of service Sept. 7 for rail replacement. Trains will single track at Commercial-Broadway and Main Street-Science World stations. The Millennium Line will operate between VCC-Clark and Columbia stations only. Please allow at least 20 minutes extra travel time.

Travelling into or out of downtown Vancouver?

A bus shuttle service will operate between VCC-Clark, Main Street-Science World and Stadium-Chinatown from 12 p.m. to 7 p.m. To minimize delays, Millennium Line customers travelling into or out of downtown Vancouver in the afternoon should consider using this bus service.

Visit **translink.ca/ontrack** for more information.
Thank you for your patience while we keep the system safe and reliable.

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TRANSLINK

Whopper of a moneymaker

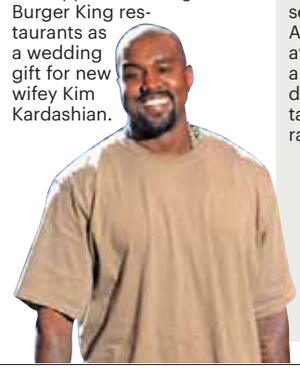
Chris Brown recently revealed that he owns a bunch of Burger King restaurants. Turns out he's one of a number of celebrities who supersize their success with fast-food franchises. AFP

Chris Brown: Burger King

In a fun facts list published in US Weekly magazine, Brown revealed that he's a franchisee for the home of the Whopper and owns 14 Burger King restaurants across the U.S. And while the franchise partnership may sound incongruous to the glamorous life of an R&B singer, he's the latest celebrity to turn to franchising as a way to invest his money and have it work for him.

Kanye West: Fatburger, Burger King

A fan of the West Coast burger brand, Yeezy opened a slew of Fatburger restaurants in his home town of Chicago. Last year, it was reported that the rapper also bought 10 Burger King restaurants as a wedding gift for new wifey Kim Kardashian.



Magic Johnson: Burger King, TGI Friday's

Brown follows in the rather big footsteps of former Lakers star Earvin "Magic" Johnson who owns 30 Burger King restaurants. He also owns several AMC Theaters and a TGI Friday's restaurant.

Venus Williams: Jamba Juice

On the lighter side of fast franchising stands Venus Williams, who owns four Jamba Juice locations in the Washington, D.C. area. The tennis star says the brand jives with her healthy lifestyle, and she's also the company's celebrity spokeswoman.

Peyton Manning: Papa John's

It's the perfect tie-in: As the junk food of choice among football fans, star player Peyton Manning made the decision to become a franchisee of Papa John's, the official pizza brand of the NFL. It's estimated he owns 21 restaurants in Denver.

Shaquille O'Neal: Auntie Anne's

Enamoured with the soft pretzels served at Auntie Anne's, the retired NBA star has taken on 19 stores across the U.S. and is also invests in Five Guys Burger and Fries.

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COEUR DE PIRATE

Chanteuse talks heartbreak

You don't need to be bilingual to listen to Coeur de Pirate's new album, Roses, and conclude that Beatrice Martin's pirate heart has been broken.

The wounds aren't particularly recent, however. With her first album in nearly four years, the Montreal-based songstress explores a years-ago breakup (reportedly from Jay Malinowski of Bedouin Soundclash) with the eagle-eyed view of someone now in a much happier place: married and raising a baby girl.

"Everything that came out was mainly emotions about wanting to move forward and wanting to have a positive outlook on life, even though the songs are still pretty sad," Martin said during an interview in Toronto this week.

"I think to understand what being hurt feels like, you need to find true happiness.... And that same goes to actually be happy — you have to go through something really horrible.

"It's kind of what I went through and today because I'm happy, I can write those songs because I understand what went on."

Speaking of understanding, meanwhile, more listeners than ever will be able to parse Martin's emotion-sick ruminations, since for the first time the 25-year-old has divided her album between English and French — with the scales actually teetering in favour of her non-native tongue.

Singer-songwriter Beatrice Martin of Coeur de Pirate says to really understand hurt, you have to find happiness.
DARREN CALABRESE/THE CANADIAN PRESS

Writing so much in English was both a practical challenge — "I got it proofread," she conceded with a sheepish smile — and a practical decision, given that Martin's robust fan base in Quebec and France hasn't yet translated to a sizable English following.

She's now signed to Cherrytree/Interscope in the U.S., and she isn't shy about her ambition to seize a larger audience.

"I want to reach out to everybody," she said.

It helps that the brittle piano balladry upon which she established her career — yielding two platinum records, two Juno Award nominations and four Felix Awards — has blossomed into ornately orchestrated pop.

The songs here are so stormy and cinematic that they seem almost predestined to soundtrack the fall TV season's most softly lit heartbreak montages.

In fact, all that sweep and swell renders Roses perhaps Martin's least downcast set — though Martin says motherhood had a hand in that, too.

"It changes everything," she said. THE CANADIAN PRESS

Novak Djokovic runs on plants

Novak Djokovic once worked at his family's Italian-influenced restaurant. GETTY IMAGES

NUTRITION

Tennis star used to eat a lot of pizza

Eva Kis
Metro in New York

Does Novak Djokovic drink wine? That seems like a good question to ask during a wine-tasting event at which he's the guest of honor.

But Djokovic, the world No. 1 who is in New York City for the next two weeks and considered a favourite at the U.S. Open, abstained at a recent event — even while cooking a personal recipe of pasta and shrimp. Obviously, he's made of tougher stuff than the rest of us.

So what does go into that finely honed machine to make it run? Not gluten and dairy.

Growing up in Serbia, Djokovic worked as a waiter and dishwasher in his family's Italian-influenced restaurant — he describes the menu as "a lot of pizzas." His homeland is also famous for its pancakes, which he says meant "wheat was a part of my everyday life — we have bakeries around every corner."

Being surrounded by gluten took its toll, and he gave it up along with dairy five years ago. "I have a strong kind of sensitivity to gluten because of overconsumption of it," he says.

That eased once he stopped constantly eating it, and Djokovic can now indulge in carbo-loading before tournaments. He also sticks to proteins that are on the lighter side. "I try to have as little animal food as possible," he says, preferring to get his fuel from plant-based sources like mushrooms, whey, tofu and chickpeas. When he does eat meat, it's chicken, fish and turkey. And don't make the food spicy, otherwise "you would see me more off the court than on the court."

> **"Wheat was a part of my everyday life — we have bakeries around every corner**
> Novak Djokovic, on growing up in Serbia

Though Djokovic leaves meal prep to professionals these days, he cooks with the same laid-back, playful attitude as he plays with — talking to the ingredients and, fun fact, getting squeamish about shrimp with theor heads still on.

And that's an example even those of us without any talent at tennis can use to live healthier.

BEER

IPAs get crafty

If you want to know what's driving the current trend in crafty beer it can be summed up in three letters: IPA.

Translating to India Pale Ale; IPAs are revered for their very hoppy personality and typically higher alcohol level. They got their name thanks to British breweries adding excessive hops to their brews before shipping them to India back in the late 1700s.

The high hopping helped the beer survive the long, turbulent sea voyage, as well as giving them a distinctively aggressive flavour that, to this day, remains a huge hit worldwide.

North American brewers have all but surpassed their U.K. counterparts in IPA production, with Chicago's Goose Island Brewery making waves on both sides of the pond.

Now too big to be considered a true craft brewery (it's owned by Anheuser-Busch InBev) Goose Island's IPA (6x341ml, $12.29-$13.99) has a nice balance of hop and malt that doesn't pound on your palate so you can have more than one glass.

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Not-so-suave comment

007

Horowitz apologies for saying Elba not right for role

The author of the new James Bond novel apologized on Tuesday after he said that British actor Idris Elba is "too 'street' for Bond."

Anthony Horowitz, who wrote Trigger Mortis, made the comment in an interview with the Daily Mail newspaper, published over the weekend.

Elba, 42, has been rumoured to be among the actors considered to replace Daniel Craig as the next Bond. He would be the first black actor to play the spy should he be cast.

"Idris Elba is a terrific actor, but I can think of other black actors who would do it better," Horowitz was quoted saying. "It's not a colour issue ... Is it a question of being suave? Yeah."

Horowitz said Tuesday he was thinking of Elba's gritty detective role in the BBC crime drama Luther during the interview, and did not mean to cause offence.

"In the article I expressed the opinion that to my mind Adrian Lester would be a better choice but I'm a writer, not a casting director, so what do I know?" he said in a statement that was posted to his Twitter account.

THE ASSOCIATED PRESS

Actor Idris Elba is allegedly being considered to become the next Bond. ALL PHOTOS GETTY IMAGES

"For me, Idris Elba is a bit too rough to play the part. It's not a colour issue.
Author Anthony Horowitz

BAD BLOOD

McKellen vs. Swift

IN HOLLYWOOD

Ned Ehrbar

While Ian McKellen's BFF, Patrick Stewart, might have been thrilled at the prospect of joining the ever-ballooning ranks of Taylor Swift's squad, McKellen himself is in no rush.

In fact, he even turned down Swift's invitation to make a cameo at one of her recent L.A. gigs. Saying no to Swift? Apparently it is possible.

So why did the X-Men and Lord of the Rings star decline the offer? It turns out the two have a bit of a history.

"When I was living in Peter Jackson's apartment in New York, Taylor Swift bought it while I was there and I was thrown out before I wanted to leave. That hardly puts me in Taylor Swift's team, does it?" McKellen reveals to Gay Star News.

"She bought it, she had every right to. I was just lodging there for free. She did ask me to appear with Patrick Stewart at her show in L.A., but I had something else to do that night."

That is some impressive shade, sir.

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IN BRIEF

Attorney anticipating guilty plea

Russell Taylor, former director of a foundation created by ex-Subway spokesman Jared Fogle, will plead guilty to child pornography charges, according to his attorney Brad Banks.

Taylor was charged in May with seven counts of production of child pornography and one count of possession of child pornography.

Fogle is also expected to plead guilty at a hearing in November. He faces federal charges of distribution and receipt of child pornography and travelling to engage in illicit sexual conduct with a minor.

THE ASSOCIATED PRESS

Flipper's trainer detained

Ric O'Barry, an American who trained dolphins for the 1960s Flipper TV series, was arrested for not carrying his passport while in Japan to protest a dolphin hunt due to begin this week.

Japanese law requires that foreign visitors carry their passports or another acceptable form of ID.

THE ASSOCIATED PRESS

THE HILLS

Lauren Conrad accepts basic status

Good news, everyone. Former The Hills star Lauren Conrad has come to terms with her basic-ness.

Last year, Allure dubbed her as such, prompting Conrad to chafe at the insult on Twitter. But apparently she's reconsidered.

"I'm probably pretty basic," she tells Cosmo in the magazine's cover story on her.

"But I'm also a pretty happy person, so that's OK with me."

Well, good. None of this, however, answers the question of why Conrad is getting a Cosmo cover to begin with, but some of life's mysteries will never be solved, I suppose.

NED EHRBAR/METRO HOLLYWOOD

SPIDER-MAN

'That's canning Coke'

Andrew Garfield has had a lot of time to think about his time playing Spider-Man for two films before Sony's recent decision to once again reboot the franchise, and his thoughts have not been pleasant.

"(The films are) mass-marketed. Like, 'We want 50-year-old white men to love it, gay teenagers to love it, bigot homophobes in Middle America to love it, 11-year-old girls to love it.' That's canning Coke. So that was a bummer," Garfield tells the Playlist.

"I understand people want to make a lot of money, and they're going to spend a lot of money so the playpen can be as big as it was.

"I can't live that way. It sounds like a prison, to be honest, living within those expectations." Yikes.

NED EHRBAR/METRO HOLLYWOOD

metro DRIVE
Your essential daily news

Tesla Model S P85D breaks Consumer Reports' rating system, scores 103/100

ROAD TESTED

Here's one for the off-road

Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.

THE CHECKLIST | 2016 TOYOTA TACOMA

THE BASICS

Type. Four-door, five-passenger compact pickup truck
Engine (hp/torque). 2.7-litre four-cylinder (159/180); 3.5-litre V6 (278/265)
Transmissions. 5-speed manual (I4); 6-speed manual (V6); 6-speed automatic
Price. TBA

COOL FEATURES

- Standard fog lamps and heated mirrors
- GoPro windshield mount
- Qi wireless smartphone charging
- Available sunroof
- Locking and damped tailgate
- Available blind spot monitoring and cross-traffic alert
- Composite cargo bed

JIL MCINTOSH/FOR METRO

POINTS

- The V6's fuel-saving technology is also used on some Lexus models.
- The off-road package has an impressive approach angle of 32.1 degrees to handle rough terrain.
- New noise-suppressing features result in an extremely quiet cabin.
- The new frame is designed so that existing aftermarket accessories designed for the outgoing truck will still fit.
- A backup camera, and driver and passenger knee airbags, are standard on all models.

MARKET POSITION

While the full-size pickup segment is the most popular, compact and midsize trucks still take a slice of the market. Toyota's biggest concern is GM's new trucks, and this update, along with the improved off-road capability, should keep the Tacoma in the running.

THE COMPETITION

Chevrolet Colorado
Base price: $19,900

GMC Canyon
Base price: $20,600

Nissan Frontier
Base price: $22,748

REVIEW

Multi-terrain selector, 'crawl control' among Tacoma's tricks

Jil McIntosh
Metro | Canada

For those of us who love trucks, it's always exciting to get behind the wheel of a new model. That was the case recently with the redesigned 2016 Toyota Tacoma, which I drove not just on-road, but on a punishing off-road course, too.

While its pavement performance rates about the same as with the outgoing Tacoma, Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.

A 2.7-litre four-cylinder is carried over, while the 3.5-litre V6 is all-new. It uses technology that automatically adjusts the fuel delivery and engine performance to improve fuel economy, depending on the power needed, and is available with a six-speed manual or automatic transmission.

As before, the Tacoma comes as an Access Cab with rear-hinged back doors, or as a Double Cab with four regular doors, and in two- or four-wheel drive.

The redesigned cabin looks more upscale than before, but unfortunately the seating position hasn't changed. The seats are still set low on a high floor, and my leg gets cramped because I'm forced to sit with my knee too straight.

The off-road model's tricks include a multi-terrain selector to dial in the best automatic settings for snow, mud, sand or rocks, and a "crawl control" feature that works like low-speed cruise control. Once it's set, all you have to do is steer while the Tacoma pulls itself up or down the steepest hills. And if you want to prove it to your friends, a GoPro camera mount on the windshield is standard equipment on all models.

Towing capacity increases to 6,500 lbs. (2,548 kg), but Toyota says that smaller trucks are usually used more for hauling, and so payload rises to 1,620 lbs. (735 kg), and the tailgate has been reinforced to better handle ATVs and dirt bikes.

The new truck goes on sale later this month.

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2013 HYUNDAI ELANTRA
The 2013 Hyundai Elantra offers a 148hp and 131ft-lbs of torque engine, A/C, power locks, power and heated mirrors, leather trim accents, Bluetooth, USB connection.
$147 BI-WEEKLY @ 72 MONTHS SALE PRICE $13,995

2014 KIA OPTIMA EX
Beautiful sedan with a powerful and fuel-efficient engine, power sunroof, good ride and handling balance, sleek interior, copious features, top crash score, impressive value!
$219 BI-WEEKLY @ 72 MONTHS SALE PRICE $21,995

2014 KIA RIO EX SUNROOF
Less than 15,500kms, 138hp and 123ft-lb of torque, air conditioning, heated front seats, power sunroof, alloy wheels, remote keyless entry with panic function.
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2010 HYUNDAI STANTA FE
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2013 KIA SOUL 2.0L 4U LUXURY
The 2013 Soul 4u Luxury comes well equipped, fun to drive and great on gas. Safety inspected. It includes 2.0L 142 HP and 137ft-lb engine, leather seats, A/C, cruise cotrol, power locks.
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2014 KIA SOUL SX LUXURY
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SURVEY

Auto service industry has room to improve, socially

AUTO PILOT
Mike Goetz

If you ever want to bring it down after a period of feeling too good, I find nothing works better than hanging around a service department or service shop waiting room, especially when it's full of nervous, pacing customers.

It's quite the vibe!

So we are not shocked at the results of a recent Canadian survey that asked how satisfied people were with the professional establishments that fixed and/or serviced their vehicles.

Turns out, the shops have room for improvement.

"There is significant opportunity to improve the service experience, as just 15 per cent of all service occasions in the last 12 months resulted in an overall customer satisfaction rating of 10 (out of 10), compared with 67 per cent of service occasions rated 8 or below," noted J.D. Ney, manager of the Canadian automotive practice at J.D. Power.

But what J.D. Power found interesting about these results, and the results of similar studies done over the last few years, was the source of the discontent.

Before, service shops were screwing up the actual work; now they're just screwing up the social interaction part.

Ney noted that "fixed right the first time" was a challenge for shops in past decades, but now it's happening 92 to 93 per cent of the time.

"Today customers expect you fix the problem.... Just by fixing it (the shops) are just meeting the very base level of expectation."

He adds that people today are more apt to gauge the happiness level of their service experience on how they were treated by the people in charge of interacting with them, and the current level of that interaction is not that good.

"I think what the automotive service industry has lacked for a long time is a focus on what might be called the softer skills."

$232

The average amount spent on a service visit last year

SOURCE: J.D. POWER 2015 CANADIAN CUSTOMER SERVICE INDEX LONG-TERM STUDY, FOR OWNERS WITH VEHICLES BETWEEN FOUR AND 12 YEARS OLD.

This relates more to how the service adviser or technician greets the customer, and how they interact, inform and advise their customers as they move through the service experience.

In fact, Ney feels auto shops, both dealerships and otherwise, would be wise to adopt the Starbucks "barista" mentality, which is just as much about welcoming and making the customer feel good about his decision to visit Starbucks as it is about making the perfect iced peppermint white chocolate mocha.

With more dependable vehicles that also need less maintenance, Ney notes that we now tend to visit service facilities only two or three times a year, with a definite trend to only twice a year. That means more items need to be addressed when we do visit, and sometimes shop staff do a poor job at explaining why all this stuff needs to be done then and why it costs what it does.

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THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

ENERGY

Student-designed solar vehicle produces more power than it uses

Dutch students have developed a family car that's solar-powered and generates more energy than it uses. The Stella Lux, developed by a group of 21 students from the Eindhoven University of Technology, seats four adults and is designed to be efficient, intelligent and comfortable; the project's aim was to create "the car of the future." Besides generating electricity through 5.75 square metres of solar cells, it carries an additional 15 kilowatts of battery capacity. With a full charge, it has a range in excess of 1,000 kilometres and a top speed of 125 km/h. It will compete in the World Solar Challenge later this year in Australia.

FUEL ECONOMY

BMW previews water-injection technology

BMW has developed a water-injection system that it says offers improved performance and fuel economy.

The automaker's latest three-cylinder 1 Series prototype is fitted with water-injection technology that creates lower combustion temperatures and improves fuel economy by up to eight per cent. Lower combustion temperatures bring improved economy and reduce the risk of the engine developing "knock," allowing it to run a higher compression ratio than normal.

BMW's system, says Gizmag, draws water from a small tank and sprays a fine mist into the intake manifold plenum where it evaporates, reducing temperatures by about 25 C.

TESLA

From 'Insane' to 'Ludicrous'

Tesla Motors has added a $10,000 US option it calls "Ludicrous" to its newest Model S variant that gets to 96 km/h from zero in a cheek-stretching 2.8 seconds. That's 0.1 second quicker than Porsche's gasoline-powered performance flagship 911 Turbo S, and almost a half second quicker than the "Insane" mode setting on Tesla's previous high-end model, the Model S P85D. "Nobody was asking for Ludicrous Mode because it was too ludicrous," Tesla CEO Elon Musk told reporters on a conference call. "Insane Mode has been incredibly well-received. We figured out from an engineering standpoint how to go beyond Insane so we figured we should release that."

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metro SPORTS

Jose Reyes started off a rare triple-play in the Rockies' 6-4 loss to Arizona

Wednesday, September 2, 2015

Lions make offensive shift

CFL

Former NFLer Hawkins healthy and ready to go

Lavelle Hawkins couldn't believe his luck.

The veteran receiver with the B.C. Lions was going through the paces on the very first day of his first CFL training camp this spring when he suffered a broken arm during a drill, putting the latest chapter of his football career on hold before it had a chance to get off the ground.

"I had my mojo back," the native of Stockton, Calif., recalled Tuesday. "The first day I was like ... 'Are you serious?"'

The Lions placed Hawkins, who played for the Tennessee Titans from 2008 to 2012 prior to bouncing between four NFL teams over the next two seasons, on the six-game injured list.

The 29-year-old with a distinctive scar on his left forearm from the break was moved to the one-game injured list last month and will finally make his B.C. debut on Thursday when the Lions (3-5) visit the Montreal Alouettes (4-5).

"I'm excited to get out there with the fellas, just to get out there and get involved," said Hawkins, who caught 71 passes for 771 yards and one touchdown during his five years with the Titans.

"These guys have been working their butts off. I'm just happy to be able to come out and help."

A Lions' offence that has struggled for much of the season — it ranks second last in yards per game and third last in passing yards — needs all the help it can get.

Running back Andrew Harris has been one of the lone bright spots, but opponents have keyed on him during two straight losses, including a 23-13 home defeat to Montreal on Aug. 20. THE CANADIAN PRESS

THE CANADIAN PRESS

> **It marks a little bit of a change of philosophy for us.**
>
> QB Travis Lulay on the release of tight end A.C. Leonard, the promotion of wide receiver Bryan Burnham to the first team and the activation of Hawkins.

Lavelle Hawkins, who played with the Tennessee Titans from 2008 to 2012, will make his Lions debut on Thursday night in Montreal. HARRY HOW/GETTY IMAGES

Andrew Wiggins runs into Argentina's Marcos Delia during on a game Tuesday. EDUARDO VERDUGO/THE ASSOCIATED PRESS

FIBA AMERICAS

Scola takes Canada to school

Luis Scola gave Canada's talented but inexperienced basketball team a lesson on just how hard it is to qualify for the Olympic Games.

The veteran power forward scored 35 points and added a game-high 13 rebounds to lead Argentina to a 94-87 win over Canada on Tuesday at the 2015 FIBA Americas basketball championship in Mexico City.

The Toronto Raptors, who signed Scola after last season, must have been thrilled watching the 35-year-old dominate the court like he was 10 years younger. Scola bullied his way to rebounds, created turnovers and was accurate from two-point range. He had two steals and two assists while shooting 57 per cent form the floor.

Point guard Nicolas Laprovittola added 20 points and four assists for Argentina, which opened with a 91-86 win over Puerto Rico on Monday.

Minnesota Timberwolves teammates Andrew Wiggins and Anthony Bennett led Canada with 13 points each, with Boston centre Kelly Olynyk adding 10 rebounds and Raptors point guard Cory Joseph dishing out seven assists.

Canada (0-1) will try to get back on track to qualify for the 2016 Olympics when it faces Cuba on Wednesday. The top two in the 10-team tournament qualify for the Rio Games. THE CANADIAN PRESS

TUESDAY In Mexico City

ARGENTINA	CANADA
94	87

IN BRIEF

Murray puts petulant Kyrgios away in New York

Andy Murray was only briefly troubled by Nick Kyrgios in the most-anticipated match of the U.S. Open's first round.

The third-seeded Murray, who won the title at Flushing Meadows in 2012, hit 18 aces and saved 11 of 14 break points en route to 7-5, 6-3, 4-6, 6-1 victory over Kyrgios on Tuesday night.

Murray was mostly steady in the face of Kyrgios' various antics, which included appearing to take a nap during changeovers, smashing his racket and earning a warning from the chair umpire for cursing aloud. THE ASSOCIATED PRESS

Jackson keen to reunite with Lynch in Seattle

After being released by the Buffalo Bills, running back Fred Jackson is looking for an opportunity to reunite with former teammate Marshawn Lynch in Seattle.

Jackson travelled to Seattle to meet with the Seahawks on Tuesday, but coach Pete Carroll cautioned that no deal has been struck. Carroll said Jackson would be going through a physical.

"This is a visit for us. It's not a signing," Carroll said. "We have tremendous respect for Fred as a player. He's tough, he's sharp, he's smart, so we need to see where he is right now at 34 years old and see what he's like." THE ASSOCIATED PRESS

Olympic promise made to test polluted Rio waters

Olympic organizers promised Tuesday to introduce viral testing in the polluted waters in Rio de Janeiro where about 1,400 athletes will compete in 2016.

The IOC and Brazilian organizers had repeatedly insisted that only bacterial testing was required despite an independent five-month analysis by The Associated Press showing dangerously high levels of viruses from human sewage at all Rio Olympic water venues.

Acknowledging that viral water testing was now necessary, organizers said they were studying how best to carry out the analysis. THE ASSOCIATED PRESS

Extra special ending

MLB

Low-key second baseman latest Jay to step up in big moment

TUESDAY In Toronto

5	3
BLUE JAYS	INDIANS

Ryan Goins hit a two-run home run in the 10th inning to lift the Toronto Blue Jays to a 5-3 win over the Cleveland Indians on Tuesday night.

Edwin Encarnacion had an RBI sac fly in the first inning for Toronto (75-57), but was held hitless for the rest of the game to end his 26-game hitting streak.

Encarnacion's streak was the second longest in Blue Jays history, behind Shawn Green's 28-game roll in 1999.

Marco Estrada (11-8) pitched seven innings, striking out two but only allowing five hits. He was relieved by Aaron Sanchez, Roberto Osuna, Brett Cecil and Mark Lowe.

Lowe was the pitcher of record, earning the win after picking up one out in the top of the 10th inning.

Yan Gomes had a pair of home runs as Cleveland (64-67) had its six-game win streak snapped. Michael Brantley had a homer of his own in the fourth inning.

Cody Anderson (2-3) gave up two runs and three hits, with two strikeouts over six innings. Ryan Webb allowed a go-ahead run in the seventh and Jeff Manship retired three straight batters in the eighth. Brian Shaw allowed Goins homer after an inning and a third of work.

Catcher Dioner Navarro led off the 10th inning with a single to right field. After Kevin Pillar flied out to centre field, Goins came to the plate.

Goins put a 1-0 slider from Shaw over the right-field wall and was mobbed by his teammates at home plate while the crowd erupted.

Toronto got to Anderson in the first inning, as Encarnacion's sacrifice fly to deep centre field gave Josh Donaldson enough time to run home from third base for a 1-0 lead.

Another sacrifice fly put the Blue Jays up 2-0. Jose Bautista's popout to left field sent Goins home in the third inning.

THE CANADIAN PRESS

Second baseman Ryan Goins arrives at home plate to a mob of teammates after hitting a walk-off home run on Tuesday night at Rogers Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

.778

By going 21-6, the Blue Jays' .778 winning percentage matched the 1938 New York Yankees, who own the American League record for victories in a month with 28 in 36 games that August.

49

No major-league team hit as many home runs last month as the Blue Jays, with MVP candidate Josh Donaldson and Edwin Encarnacion each contributing 11 and Jose Bautista adding 10.

170

Toronto's 170 runs scored in August led the majors at an average of 6.30 a game and their 720 runs this season are 90 better than the next-closest team.

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HUDSON'S BAY

Euro rivals play the blame game

SOCCER

United and Madrid point fingers after De Gea fiasco

$1.7B

Man. United's 36-million pound deal for Anthony Martial took total spending by BPL clubs in this summer's transfer window to about 860 million pounds ($1.7 billion CAD)

In a surreal ending to the transfer window in Spain, the much-anticipated move of Manchester United goalkeeper David de Gea to Real Madrid never materialized. The clubs had struck a deal that would see Madrid goalkeeper Keylor Navas move the other way, but it broke down because the necessary paperwork wasn't submitted on time.

Madrid and United negotiated late into Monday evening after talks that dragged on for several weeks, but the clubs failed to register the new contract with the Spanish league offices before midnight local time.

La Liga confirmed Tuesday that De Gea was not among the players who transferred by Monday's deadline, but did not say whether Madrid actually attempted to register the player or if something went wrong to keep the deal from happening.

The bizarre breakdown quickly became the object of fan derision and mockery. It left many wondering how two of world football's biggest clubs could mess things up so badly.

Madrid and United blamed each other for the debacle.

Madrid said the English club took too long to review the transfer contracts and was late submitting the required documentation into FIFA's transfer system. In its lengthy statement, Madrid also blamed United for delaying talks.

"Manchester United did not agree to open any negotiations over the federative rights of David de Gea until yesterday (Monday) morning," the Spanish club said. "Real Madrid, despite the difficulties entailed in carrying out a deal on the final day of registration, agreed to initiate these talks."

But United said that Madrid's first bid for De Gea did not arrive until Monday lunchtime.

In a lengthy statement on the timeline of events, the English club said:

• With more than two hours to go in the transfer window, United sent the transfer documents for both De Gea and Navas to Madrid. But with 28 minutes to go, Real returned De Gea's documentation without the signatory page.

• Twenty minutes before the deadline, "major changes to the documentation came through to Manchester United which immediately put the deals at risk."

• With five minutes to go, the documents required to cancel De Gea's contract were received by United but not those for Navas. Three minutes later, the De Gea transfer documents were uploaded to FIFA by United but not by Madrid in time.

FIFA said it could not comment on whether both clubs had submitted the information correctly because all transfer documents are confidential.

THE ASSOCIATED PRESS

David De Gea arrives at Soccer City training facility near Madrid on Tuesday. Manchester United seems happy to still have its star goalkeeper. PIERRE-PHILIPPE MARCOU/AFP/GETTY IMAGES

BPL DEADLINE DAY DEALS

With the closure of the British transfer window at 6 p.m. BST on Tuesday Metro looks at what important deals were done before the buzzer.

DONE DEALS

• **Anthony Martial** (Monaco to Manchester United) — 36M pounds
• **Virgil van Dijk** (Celtic to Southampton) — 11.5M pounds
• **Ramiro Funes Mori** (River Plate to Everton) — 9.5M pounds
• **Michael Hector** (Reading to Chelsea) — 4M pounds
• **Papy Djilobodji** (Nantes to Chelsea) — 4M pounds
• **Nikica Jelavic** (Hull City to West Ham) — 3M pounds
• **Joleon Lescott** (West Brom to Aston Villa) — 2M pounds
• **Aaron Lennon** (Tottenham to Everton) — Undisclosed fee

LOANS

• **Matt Jarvis** (West Ham to Norwich City)
• **Tiago Llori** (Liverpool to Aston Villa)
• **Victor Moses** (Chelsea to West Ham)
• **Nathan Dyer** (Swansea to Leicester)
• **Alex Song** (Barcelona to West Ham)

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Cook time: 10 minutes

Ingredients
- 2 cups uncooked penne
- 12 medium asparagus spears, trimmed
- 2 cups cherry or grape tomatoes
- 2 oz crumbled goat cheese (1/2 cup)
- 1/2 cup pitted black olives, sliced in half
- 2 cups baby arugula or spinach

Dressing
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1 tsp minced garlic
- Salt and pepper

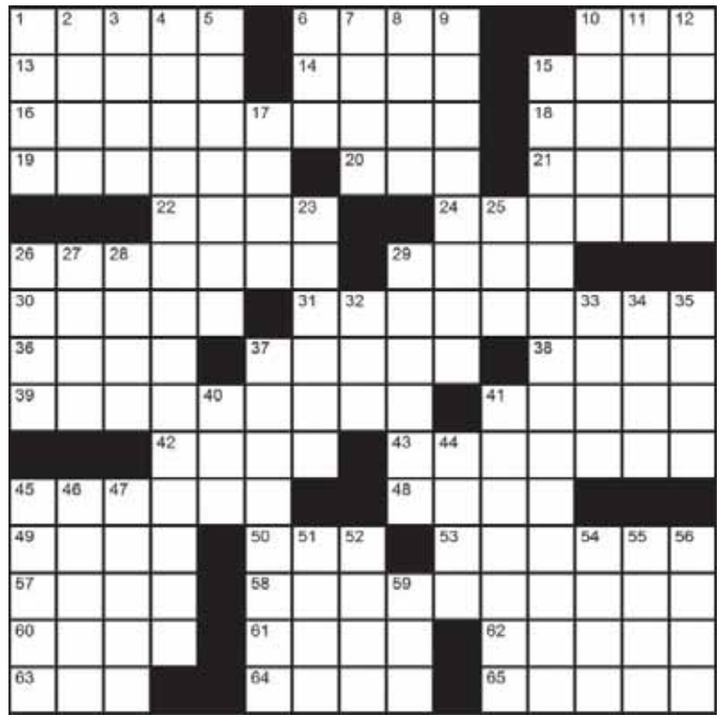
Directions
1. In preheated oven of 400 F, place asparagus and cherry tomatoes on baking sheet. Spray with vegetable oil and roast for 10 minutes.
2. Meanwhile, in a pot of boiling water, cook penne until just firm to the bite, about eight minutes. Drain and place in serving bowl. Cut asparagus into one-inch lengths and add to pasta along with tomatoes.
3. Add cheese, olives and arugula to pasta.
4. Dressing: Combine ingredients in small bowl and add to pasta.

Nutrition per serving (recipe serves 4)
- Calories 390
- Protein 13 g
- Carbohydrates 53 g
- Fibre 4 g
- Total fat 14 g
- Saturated fat 4 g
- Cholesterol 10 mg
- Sodium 230 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Arcade Fire's "Neighborhood #2 (__)"
6. Hightail it
10. "Curb Your Enthusiasm" star Mr. David, casually
13. Wearing _ __ (Smiling)
14. Stockings
15. "The Flintstones" pet
16. Realm for a journalist's work: 2 wds.
18. Swedish store
19. Horse riding seat
20. Wild ox
21. Enthusiasm
22. Packet of paper
24. Harry Potter, for one
26. Toronto-born actress Ms. Watson whose name is Western-inspired
29. Movie company
30. Provokes
31. Particular potato: 2 wds.
36. Terrestrial stage newts
37. Divulged
38. Family suffix in zoology
39. Youngest daughter of Princess Grace of Monaco
41. Apple pie serving
42. 'Christ' suffix (Some religious people)
43. Some brand name tea bags
45. Spain's capital
48. Captain Hook's sidekick
49. Juice berry
50. Entirely
53. Prepares the potatoes this way
57. Light baseball hit
58. Randy Bachman prop: 2 wds.
60. Abbreviated list-enders
61. Naturalness
62. Shatner's famous co-star
63. Ms. Remick
64. Double
65. Mattress manufacturer

DOWN
1. _ it up (Eats heartily)
2. Taj Mahal's site
3. "How can _ __ my garden of slugs?" (Gardener-to-expert query)
4. Green Gables... Dear friends, to Anne Shirley: 2 wds.
5. Rustic cabin decorations
6. "__ Bop" by Cyndi Lauper
7. "Agent _ Banks" (2003)
8. "Heat of the Moment" band
9. Material used for building boats
10. "_ _ Rolling Stone" by Bob Dylan
11. Close by, in verse
12. Willy Wonka creator Mr. Dahl
15. American jazz trumpeter who collaborated with Canadian pianist Oscar Peterson: 2 wds.
17. Nitty-gritty
23. Ancient peoples of Chichen Itza
25. Auberge
26. Eras
27. Artist's workplace
28. Diminish
29. Acting's Mr. Ulrich, and namesakes
32. Mr. Geller
33. Garfield's pal
34. Delicate, as a doily
35. Kiki and Sandra
37. Covered with medical wrapping
40. "Bali __": Song from "South Pacific" (1958)
41. The 'S.' of writer T.S. Eliot's name
44. English actress Ms. Watson
45. Silent movies star Ms. Normand (b.1892 - d.1930)
46. Razor-sharp
47. Do the waltz
51. Hawaiian happening
52. Ms. Kudrow
54. "Give __ round of applause!" (Clap for this guy, people!)
55. Environmental sci.
56. Vodka brand
59. __ Aviv, Israel

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everything in life happens for a reason, so don't get uptight if you don't like what occurs today. What you call "bad luck" may in fact be good luck, adjust your perspective.

Taurus April 21 - May 21
Don't take anything too seriously. If you let yourself get annoyed too easily you will look back and realize how much time and energy you wasted on things that don't matter.

Gemini May 22 - June 21
Sometimes it can be difficult to know whether to laugh or cry and what happens today will certainly leave you with mixed emotions. If you feel depressed, look up a friend you have not seen in a while.

Cancer June 22 - July 23
Stay patient because if you get restless you may do something you later regret. Act as if you are being watched by people on whom your future depends.

Leo July 24 - Aug. 23
There is no point trying to hide your feelings because everyone can read the look on your face. Why would you want to hide your feelings anyway? People expect you to be outspoken.

Virgo Aug. 24 - Sept. 23
Stop lamenting what might have been and start looking forward to what still can be. You have the talent and the tenacity to turn things around. Your future is bright.

Libra Sept. 24 - Oct. 23
Forget about your chores and do something that makes you feel alive. Stay positive, because then and only then will you make a good job of what you are working on.

Scorpio Oct. 24 - Nov. 22
There are a lot of strange things going on around you at the moment. Should you be worried? No. Whatever may be going on it is not directed at you personally. You may in fact benefit in the long-term.

Sagittarius Nov. 23 - Dec. 21
It's time to get rid of all your old junk. And not just physical junk, but mental and emotional junk too. You will have more space for the things, and people, that matter.

Capricorn Dec. 22 - Jan. 20
You seem to be worried that something of value is being taken from you but ask yourself: how many times in the past have your worries proved to be unfounded? Stop worrying and start living.

Aquarius Jan. 21 - Feb. 19
You have important things to do today but what matters most is the way you do it. Once others see your confident air they will respect you and do whatever you ask of them.

Pisces Feb. 20 - March 20
You are assertive, but don't force people to do things your way when they don't want to. You may succeed but you will also create bad feelings. Think before you act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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